



## Woman's Page

### Dorothy Dix Says

The man or woman who marries an invalid is taking the longest shot on earth at connubial bliss.

By DOROTHY DIX, The World's Highest Paid Woman Writer

A young woman who evidently has no faith in the science of eugenics as it is being expounded to us writes me that she is in love with a man who is afflicted with an incurable malady and that she wants to marry him. Her parents naturally object to the match, but she is going on with the wedding on the principle that a year or two of marriage with him is better than a lifetime of matrimony with any other man.

This would be a plausible argument for doing a fool thing if the girl had only herself to consider. But there are her father and mother, who may not relish having a widowed daughter thrust back upon them to support in the course of time. Above all, there are the possible children that may be the result of such a marriage, and who are pretty sure, under such conditions, to come into the world handicapped by feeble bodies or brains. A woman may have the right to take any sort of a husband she wants, but she hasn't the right to give her children a sickly and neurotic father.

It is easy to see how a sentimental and sympathetic girl can be willing to marry a man who is an invalid. In addition to whatever charms of manner and mind he may have—and some of the most delightful men on earth are cursed with weak bodies—he appeals to the eternal maternal that is in every good woman.

She wants to mother him, to fuss over him, to take care of him, to do for him the thousand little things by which a woman delights in showing her love. His very dependence upon her fills her with an overflowing tenderness towards him.

In spite of all this, for a woman to marry a delicate man is nearly always a terrible mistake. In fact, it is not too much to say that it is invariably a mistake unless the man is rich enough not to be dependent on his own exertions for a living, for of all places in the world where money is needed it is in the sick room.

The lot of no woman is so forlorn and pitiable as that of the wife whose husband is too ill and feeble to even attempt to fight the wolf away from the door, and who has to see him not only dying, but in his dying hours tortured with anxiety for those he is leaving behind.

Nor is the woman who marries a sickly man always the benefactress to him that she expects to be. Just as often she is a burden that crushes him down the sooner into the grave. Having to support a family may force him to work longer hours than he otherwise would, or keep at a job that is injurious to him. With a wife a man may not take chances at employment that a single man may, and so the invalid who has given hostages to fortune cannot indulge in the rest, or the roaming about from climate to climate, that would prolong his life.

So far as happiness is concerned, the woman who marries an invalid is

taking the longest shot on earth at connubial bliss. Husbands are little cattle to get along with at best, and a sick one can make a sore-headed boar look like a living model of suavity and amiability.

The truth is that illness does not improve the disposition and agreeability of any of us. It is only in novels that invalids are patient and gentle and always rewarding their kind nurses with a sad, sweet smile. In real life an invalid is a creature of raw nerves and villainous temper and monumental egotism, who never thinks about anything but himself or herself, and who is of the opinion that nobody can possibly do enough for him or her.

The early Christian martyrs had nothing in the martyr line on people who are married to invalids, and anybody who would deliberately qualify for this role is entitled to a nice padded cell instead of a marriage ring. The man who marries a delicate girl does just as silly a thing as the woman who marries a sickly man. Of course, it seems very romantic to him to think of taking a frail little creature and cherishing her and protecting her, and she calls forth in him all the best and most altruistic in his nature, just as the invalid man does in the woman.

Unfortunately, however, real life has a way of dissipating halos, and the man who acquires an invalid wife finds out that he sold himself into slavery to the doctor, and the sanitarium, and the specialist, and the drug store.

All that he can make good to support her invalidism, and instead of pleasant evenings at home, he finds himself walking on tiptoe to avoid disturbing a sick wife, whose nerves shriek out at the slightest noise. Also he ascertains that it takes a husky and able bodied woman to wrestle successfully with bills and servants, and he is a jolly companion, and that the conversation of a neurotic wife is one long wail of complaint.

Of course if invalidism comes after marriage either a wife or husband is a miserable quitter and dastard not to do his or her full duty towards loving and cherishing and nursing the afflicted one, but between having invalidism thrust upon you and deliberately espousing it is the difference between the brave and the foolhardy.

A lot of nonsense is talked about the science of eugenics, and impossible claims made for it, but if out of all the discussion it impresses upon people the fact that marriage is only for the healthy it will have added immeasurably to the happiness of the human race.

### TWO SENATORS ARE HANGED IN EFFIGY

WASHINGTON, April 5.—Quietly and without ostentation Senators La Follette of Wisconsin and Stone of Missouri were hanged in effigy in downtown Washington late tonight. Two lay figures placarded with the names of the two senators who yesterday voted against the war resolution in the senate were strung up to lamp posts near the corners of Fourteenth and H streets. The effigies were shrouded in black and yellow robes and each bore a placard marked "Traitor."

A traffic policeman half a block away from the scene of the hanging was attracted by a big crowd that gathered. When he reached the scene, however, he was unable to find the men who had hung up the dummies. The crowd, augmented by "thunder goers," cheered and jeered as a reserve squad of policemen hurriedly summoned cut down the two figures. The police failed to find any trace of the men who hanged the effigies.

He—Does your boy keep up with his class?  
She—If it wasn't for his health he'd be valetudinarian.—Judge.

## HEALTH TALKS

BY WILLIAM BRADY, M.D.

Tuberculosis and Staying After School

When a teacher keeps a child after school hours she strikes a blow at the child's physical health—and, if my informants are correct, she also admits her own incompetence as a teacher. But we are interested only in health.

Dr. S. Adolphus Knopf, perhaps the greatest living American authority on tuberculosis, had this to say in a discussion of posture in its relation to health:

"People who are subject to tuberculosis should not only be taught" (the Doctor meant that they should be taught not only) "how to walk straight but how to breathe properly and deeply, should be instructed, particularly in schools, on properly adjusted seats and at desks of the right height, and above all, they should not be obliged to sit quietly and without moving for a long time. It is an awful task for a youngster to sit for three-quarters of an hour without wriggling. It is very sad to see so many children become subject to tuberculosis who have no tendency either by heredity or by reason of early infection, but because they have been confined altogether too long in schoolrooms, and obliged to sit in an unnatural posture and with but a few minutes' recess and often only in a dusty indoor playground. A recent study on the period of life at which infection from tuberculosis takes place most frequently has convinced me more than ever that if we wish to combat tuberculosis successfully we must begin to prevent and cure it during childhood."

Wise old heads ordained the mid-forenoon and mid-afternoon out-door recess. The school child must never be robbed of his recess day after day, kept confined in the warm schoolroom after school hours at the whim of an irritable, nervous teacher.

Parents, backed up by the faculty of the school, should insist that the child be given a recess of at least ten minutes during the school day.

Dr. Brady will answer all signed letters pertaining to health. The names of writers are never printed. Only inquiries of general interest are answered in this column; but all inquiries will be answered if forwarded by mail or by telephone. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, care of this newspaper.

QUESTIONS AND ANSWERS

Egg Shampoos Out of Date.

Do egg shampoos really cleanse the hair? Does the egg feed the scalp and improve the growth or strength of the hair?

ANSWER.—There is no reason to believe that egg shampoos cleanse the hair or scalp feeds the scalp in the slightest degree. This idea is a mere fancy of uneducated mothers or hair dressers. An egg shampoo is rather an uncleanly thing, and a wicked extravagance. Soap is for cleaning the scalp and hair. Any soap you prefer. Following a shampoo the hair should be thoroughly dried and then a little petroleum or petrolatum (U. S. P.) rubbed into the scalp on finger-tips to replace the oil removed by washing. Some people prefer to use a 5 per cent solution of petrolatum in ether, spraying it on the scalp from an atomizer with the downward bending tip in contact with scalp.

Femoral Hernia.

I am 58, 145 pounds, 68 inches tall, and have a femoral hernia, which has been slowly growing worse the past six months. It interferes with exercises I need to prevent constipation. My work is sedentary. Would you advise operation? Or would a truss relieve me? (L. C. R.)

ANSWER.—If your general condition is good an operation is certainly advisable. Femoral hernia is impossible to hold with a truss. In fact a truss is a nuisance for any hernia. If you wish to keep up your exercise the operation should be undergone. It is a lot safer than the hernia, with or without a truss. A young man like yourself is foolish to keep a hernia like a secret, and with trusses and other appliances.

COUGHING, Tickling in Throat and Hoarseness Relieved by

BROWN'S BRONCHIAL TROCHES

NEW 10c BOX FITS THE POCKET

JOHN I. BROWN & SON, Boston, Mass.

SAFETY COMMITTEE MEETS TONIGHT AT HEADQUARTERS

Charles C. Richard, general chairman of the Safety committee, has called a special meeting of the fifty members for tonight at 8 o'clock at the new Safety headquarters, second floor of the Utah National bank building.

All sub-committees will report on progress. After discussion, plans will be adopted for continued mobilization of all food and military resources.

Chairman Richards said: "War has been declared. We must act—and at once. Every citizen must serve, in some practical way, in the nation's hour of need."

HOW ANY WOMAN CAN DRY CLEAN

Put gasoline and solvite in a wash boiler and save five dollars.

Here's a way to make soiled or dingy-looking wearing apparel look like new. Any woman can easily clean and restore the original color and brightness to kid gloves and shoes, neckties, ribbons, silks, satins, laces, net-work, yokes, furs, shirt-waists, children's coats, suits, caps, woolen garments, Swiss, lawn, or gandy and chiffon dresses, draperies, rugs, in fact, any and everything that would be ruined with soap and water.

Get two ounces of solvite at any drug store and put it in two gallons of gasoline, where it quickly dissolves, then put in the goods to be cleaned, rub a little and out they come looking clean, bright and fresh as new. You will find nothing fades, shrinks or wrinkles, requiring no pressing.

It only takes a few moments to do what dry-cleaning establishments would charge five dollars or more for. It is as simple as ordinary laundering and you can't make a mistake. Any drugist will supply two ounces of solvite, which is simply a gasoline soap and you can obtain the gasoline at any grocery or garage. Then a wash boiler or large dishpan will complete your dry-cleaning outfit.

—Advertisement.

NO MERCY SHOWN BY SUBMARINES

Flagrant Contempt for Safety of Boats in Act of Quitting Ships.

WASHINGTON, April 6.—"Flagrant contempt for the safety of boats in the act of quitting the ship," as reported by Consul Frost at Queenstown today in additional details of the submarine warfare today that gold medals had been awarded to the ambassador, the Rev. Walter Lowrie, rector of the American church here and Andrew Carnegie, for their relief work at the time of the Avezzano earthquake in 1915.

GOLD MEDALS AWARDED.

ROME, Thursday, April 5, via Paris, April 6, 9:30 a. m.—Baron Sonnino, foreign minister, notified Ambassador Page today that gold medals had been awarded to the ambassador, the Rev. Walter Lowrie, rector of the American church here and Andrew Carnegie, for their relief work at the time of the Avezzano earthquake in 1915.

ASK FOR and GET

Horlick's The Original Malted Milk

Substitutes Cost YOU Same Price.

## The Cookies that took me back to California

(Report No. 3) By a Native Daughter

It happened in my condensed little New York kitchen, with just room for the gas range, sink, table, ice-box, cupboards—and me.

I had promised a few friends a treat—cookies!

Because I wanted crisp cookies, I used wholesome Cottolene—two-thirds cup—with this new recipe:

2 cups sugar  
2 eggs  
1 teaspoon soda  
1 cup butter/milk

1 teaspoon salt  
Flour  
Caraway seeds  
Raisins

Soon I was mighty busy pulling those crisp wafers out of the hot oven.

Then I tasted. The first bite took me back under the old plum tree in California. Maybe it was a cherry tree—anyway, there I was. Over the fence leaned the plump next-door lady. She was giving "us children" cookies. And here I was, way off in New York, tasting them again—the same cookies.

Perhaps you had a plump next-door lady? Maybe you'd

like to travel backward a few years to some loved spot? Well—open your mouth and shut your eyes." And after you've tasted these wholesome Cottolene cookies I'm sure you'll say, "Please give me your recipe. I'm going to make cookies, too, today."

If you use this recipe—and Cottolene—you'll have crispy, wholesome, "remember" cookies. And you'll have them often.

From L. G. S.

FREE! Cook book containing 239 recipes by famous cooks sent free. Write to The N. K. Fairbank Company, 111 West Washington Street, Chicago, Ill.

## Cottolene

"The Natural Shortening"

Yes! Cottolene is also superior for frying and for all cake-making

At grocers in tins of convenient sizes

## FREE TRAINING FOR RED CROSS WORK IN OGDEN

All men and women desiring to receive free training in first aid work and nursing, as members of the Ogden branch of the Red Cross society, are requested to confer with O. J. Stilwell, chairman of the committee on class work, or to telephone 1260.

Classes are to be organized immediately. Each course will consist of fifteen hours' instruction of an elementary and practical nature. Ten physicians and graduate nurses have volunteered as instructors.

Mr. Stilwell said today: "This instruction will be of the utmost value to individuals in every walk of life, and, only incidentally, it will prepare us for the eventualities of war."

Mr. Stilwell has sent out a letter calling attention to the opportunity to acquire, freely at this time, a primary education in nursing and first aid work. He also commented on the great work of the Red Cross in war and peace.

## WAR WHISTLES HEARD AND 'CENTRAL' IS KEPT BUSY

Thousands of citizens leaped out of bed at 1:15 o'clock last night, when the great whistle of the railroad shops suddenly split the quiet of the wee, sma' hours with the prearranged blast continuing for five minutes, announcing the declaration of war against the autocratic government of the Teutonic empire. Within five minutes a large proportion of Ogden's six thousand telephones were calling "Central."

Although warned to expect the signal, the people were not fully satisfied that the long blast meant the declaration of war, because yesterday's latest dispatch stated the debate might go on until today.

Ordinarily one girl can do the work at central from midnight until 5 a. m. Anticipating this emergency, however, District Traffic Chief J. F. Leonard had assigned three girls to the "dog watch" until the end of the legislative crisis. The three picked girls, noted for their swiftness and skill, were Misses Ada Lee, Myrtle Bushnell and Mary Clark.

When the flood of calls began one of the girls notified Chief Leonard. "Thousands calling, peak load on the switchboard," they said. He laughed and told them to "go to it," which they did. Without wasting a word or a breath, every caller was told, "War declared," and this was repeated several thousand times.

The mighty blast of the shops' whistle drowned out all lesser whistles and when its mellow, piercing notes descended to the finish, the musical ten-

## Kidneys Cause Hysteria

Some folks overwork; some over-eat; some over drink, and many do all these things and neglect the excretory organs. Nervousness ensues. Constipation, sometimes, but most often the delicate function of the kidneys become disordered, followed soon by congestion. Then headache, neuralgia, rheumatic pain, backache, and lumbago set in. Frequent urination sometimes beyond control. The voided liquid being dark of foetid odor, and its passage followed by burning, smarting spasms of pain, even hysteria being often the result unless

BALMWOOD TABLETS

The greatest of all kidney medicines, is taken to regulate, allay and neutralize the irritation of the organs. GREAT KIDNEY MEDICINE. Sold by all druggists.—Advertisement.

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from any druggist and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment as this is sold under guarantee of money back if it fails to remove freckles.—Advertisement.

## ATTACK IS MADE NORTH OF RHEIMS

French Forced Out of Trenches Along Bank of Canal of Aisne.

PARIS, April 5, 11:10 p. m.—Picked German troops made a powerful attack against the French today to the northwest of Rheims along a mile and a half front. Their object was to clear the left bank of the canal of the Aisne, and they succeeded in their enterprise at certain points.

Over the greater part of this front, however, according to the war office, the attack failed, the French recouping all of their first-line trenches. The battle is still in progress.

The statement reads: Between the Somme and the Oise the German artillery violently bombarded our positions north of Arrvillers. The vigorous reply of our batteries silenced the enemy's guns.

There was an intermittent artillery action on the west bank of the Oise and south of the Ailette river, but no infantry action. On the western border of the Argonne, after a lively bombardment, the Germans carried out a surprise attack on one of our trenches north of Vienne-le-Chateau. The enemy, who made use of flaming liquids, was repulsed by our barrage fire and left dead and prisoners in our hands.

Northwest of Rheims, a German attack, announced in the preceding communication, against our positions between Saigneul and the Godate farm, developed on a front of 2500 meters. The enemy had assembled numerous special troops for the assault, with the object of driving us from the left bank of the canal of the Aisne, as proved by orders found on dead officers or prisoners.

The attack completely failed over the greater part of the front, where we recouped almost immediately our first-line trenches.

Counterattacks are under way for the recapture of some elements that the enemy still hold.

This afternoon, on the left bank of the Meuse, our guns caught under their fire north of Hill 304 a German troop, which suffered heavy losses. In Lorraine, in the region of Gremecy, we shelled a train, of which several wagons were burned.

Belgian communication: Throughout the night there was sustained artillery activity; today the Belgian batteries shelled German works northeast of Dixmude. Spirited bomb and grenade fighting took place at Steenstraete and in the direction of Dixmude.

Eastern theater: On April 4 cannonading occurred along the whole front between the Vardar and the lakes, especially in the region of Tsrvena Stena. British aviators bombarded an enemy aviation park at Hudovo.

Charmingitty Gordon and "Forget-Me-Not," at Utah Theatre today and tomorrow. Popular Plays and Players. Phone 3060.

## EVERYDAY ETIQUETTE



Never smoke in the presence of a lady without first asking her permission to do so.

QUESTIONS ANSWERED BY ALICIA HOYT.

(Miss Hoyt will answer personally all letters pertaining to matters of etiquette, enclosing a two-cent stamp, addressed to her in care of this paper.)

LOUISE.—Do not make the mistake of oversteering the time originally set for your visit. Even if urged to remain longer, you should return to your home when the limit of time is reached that was mentioned in your letter of invitation.

A.—You should not have called to your mother to announce the visitor. You should have gone upstairs and have spoken to her quietly. It is very impolite to call to anyone who is on another floor. In the instance you describe, you were rude both to your mother and to the visitor.

MESSAGE TO U. S. NAVY.

PARIS, April 5, 7:45 p. m.—Rear Admiral Lacaze, minister of marine, sends through the Associated Press this message to the American navy: "I have the most pleasant recollections of many meetings with the American fleet during my naval career. I always regarded them with admiration and I feel profoundly honored at being able to operate side by side with them in the struggle for civilization. I know that our hearts will beat together."

FUNERAL OF MRS. IRENE JENSEN.

BRIGHAM CITY, April 5.—Funeral services for Mrs. Irene J. Jensen were held in the Second ward chapel this afternoon. Mrs. Jensen died after suffering for more than two weeks with a complication of diseases. She had been married to Grover C. Jensen less than a year. She was born in this city March 18, 1897, and was the daughter of Mr. and Mrs. Carl Isaacson. She was a graduate of the Box Elder High school's 1916 class and was married a few weeks later.

A TREATMENT FOR NERVES

Woman Tells How Lydia E. Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves and for female troubles and it straightened me out in good shape. I work nearly all the time, as we live on a farm and I have four girls. I do all my sewing and other work with their help, so it shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I keep it in the house all the time and recommend it."—Mrs. DEWITT SINCEBAUGH, West Danby, N. Y.

Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound.

This famous remedy, the medicinal ingredients of which are derived from choice roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

(Advertisement)



Sunkist uniformly good Oranges are fresh from California today and every day. Phone now for a supply. Every first class dealer sells them.

Sunkist Uniformly Good Oranges

California Fruit Growers Exchange